

Programmanr. 6  
23-01-2026 - 17:12

Meisjes, 400m wisselslag

Onder 16  
Resultaten

| rang | naam                                           | vereniging       |                                |                |                                | intijd         |                                |                |  | tijd    |  |       |  | RT |
|------|------------------------------------------------|------------------|--------------------------------|----------------|--------------------------------|----------------|--------------------------------|----------------|--|---------|--|-------|--|----|
| 1.   | Yill van Bezouw<br><i>Kampioenschapsrecord</i> | Hieronymus       |                                |                |                                | 4:56.10        |                                | 201100704      |  | 4:53.78 |  | +0,69 |  |    |
|      | 50m: 29.92<br>100m: 1:04.68                    | 29.92<br>34.76   | 150m: 1:41.89<br>200m: 2:19.41 | 37.21<br>37.52 | 250m: 3:02.02<br>300m: 3:45.67 | 42.61<br>43.65 | 350m: 4:20.51<br>400m: 4:53.78 | 34.84<br>33.27 |  |         |  |       |  |    |
| 2.   | Fenne Metten                                   | ZPC AMERSFOORT   |                                |                |                                | 4:56.68        |                                | 201000102      |  | 5:02.27 |  | +0,84 |  |    |
|      | 50m: 31.03<br>100m: 1:07.44                    | 31.03<br>36.41   | 150m: 1:46.09<br>200m: 2:22.95 | 38.65<br>36.86 | 250m: 3:08.67<br>300m: 3:54.09 | 45.72<br>45.42 | 350m: 4:28.37<br>400m: 5:02.27 | 34.28<br>33.90 |  |         |  |       |  |    |
| 3.   | Elin Reinstra                                  | TriVia           |                                |                |                                | 5:13.40        |                                | 201100842      |  | 5:11.40 |  | +0,80 |  |    |
|      | 50m: 32.74<br>100m: 1:11.42                    | 32.74<br>38.68   | 150m: 1:50.75<br>200m: 2:28.93 | 39.33<br>38.18 | 250m: 3:14.54<br>300m: 4:00.53 | 45.61<br>45.99 | 350m: 4:36.39<br>400m: 5:11.40 | 35.86<br>35.01 |  |         |  |       |  |    |
| 4.   | Anna Lepoutre                                  | PSV              |                                |                |                                | 5:15.36        |                                | 201100534      |  | 5:16.94 |  | +0,70 |  |    |
|      | 50m: 31.80<br>100m: 1:08.92                    | 31.80<br>37.12   | 150m: 1:49.48<br>200m: 2:28.80 | 40.56<br>39.32 | 250m: 3:16.77<br>300m: 4:06.09 | 47.97<br>49.32 | 350m: 4:42.48<br>400m: 5:16.94 | 36.39<br>34.46 |  |         |  |       |  |    |
| 5.   | Noa van Zalk                                   | ZPC AMERSFOORT   |                                |                |                                | 5:13.37        |                                | 201102534      |  | 5:17.08 |  | +0,71 |  |    |
|      | 50m: 32.09<br>100m: 1:08.99                    | 32.09<br>36.90   | 150m: 1:50.17<br>200m: 2:30.70 | 41.18<br>40.53 | 250m: 3:17.67<br>300m: 4:05.57 | 46.97<br>47.90 | 350m: 4:42.70<br>400m: 5:17.08 | 37.13<br>34.38 |  |         |  |       |  |    |
| 6.   | Julia Dąbrowska                                | Blue Marlins     |                                |                |                                | 5:30.89        |                                | 201000300      |  | 5:20.05 |  | +0,76 |  |    |
|      | 50m: 32.68<br>100m: 1:10.82                    | 32.68<br>38.14   | 150m: 1:52.54<br>200m: 2:33.15 | 41.72<br>40.61 | 250m: 3:19.27<br>300m: 4:05.65 | 46.12<br>46.38 | 350m: 4:43.75<br>400m: 5:20.05 | 38.10<br>36.30 |  |         |  |       |  |    |
| 7.   | Milou Filemon                                  | Blue Marlins     |                                |                |                                | 5:12.83        |                                | 201100078      |  | 5:20.68 |  | +0,66 |  |    |
|      | 50m: 33.23<br>100m: 1:12.87                    | 33.23<br>39.64   | 150m: 1:52.63<br>200m: 2:31.62 | 39.76<br>38.99 | 250m: 3:17.69<br>300m: 4:05.34 | 46.07<br>47.65 | 350m: 4:43.51<br>400m: 5:20.68 | 38.17<br>37.17 |  |         |  |       |  |    |
| 8.   | Mia Hoeflaken                                  | PSV              |                                |                |                                | 5:19.32        |                                | 201004108      |  | 5:22.26 |  | +0,69 |  |    |
|      | 50m: 32.79<br>100m: 1:11.01                    | 32.79<br>38.22   | 150m: 1:53.85<br>200m: 2:37.00 | 42.84<br>43.15 | 250m: 3:21.43<br>300m: 4:06.34 | 44.43<br>44.91 | 350m: 4:44.50<br>400m: 5:22.26 | 38.16<br>37.76 |  |         |  |       |  |    |
| 9.   | Mandy Berndszen                                | VZC              |                                |                |                                | 5:25.65        |                                | 201001138      |  | 5:23.56 |  | +0,77 |  |    |
|      | 50m: 33.21<br>100m: 1:13.22                    | 33.21<br>40.01   | 150m: 1:55.14<br>200m: 2:37.91 | 41.92<br>42.77 | 250m: 3:22.94<br>300m: 4:08.96 | 45.03<br>46.02 | 350m: 4:46.48<br>400m: 5:23.56 | 37.52<br>37.08 |  |         |  |       |  |    |
| 10.  | Linou van Kampen                               | ZPCH             |                                |                |                                | 5:26.76        |                                | 201000594      |  | 5:23.90 |  | +0,88 |  |    |
|      | 50m: 33.71<br>100m: 1:13.55                    | 33.71<br>39.84   | 150m: 1:56.24<br>200m: 2:37.85 | 42.69<br>41.61 | 250m: 3:21.90<br>300m: 4:07.10 | 44.05<br>45.20 | 350m: 4:45.99<br>400m: 5:23.90 | 38.89<br>37.91 |  |         |  |       |  |    |
| 11.  | Myrthe Rozendaal                               | Aqua-Novio'94    |                                |                |                                | 5:25.54        |                                | 201000790      |  | 5:23.99 |  | +0,78 |  |    |
|      | 50m: 33.95<br>100m: 1:16.42                    | 33.95<br>42.47   | 150m: 1:59.23<br>200m: 2:40.29 | 42.81<br>41.06 | 250m: 3:23.88<br>300m: 4:09.55 | 43.59<br>45.67 | 350m: 4:47.82<br>400m: 5:23.99 | 38.27<br>36.17 |  |         |  |       |  |    |
| 12.  | Nina Tetteroo                                  | De Columbiaan    |                                |                |                                | 5:20.63        |                                | 201000048      |  | 5:24.31 |  | +0,74 |  |    |
|      | 50m: 34.39<br>100m: 1:15.37                    | 34.39<br>40.98   | 150m: 1:55.50<br>200m: 2:35.61 | 40.13<br>40.11 | 250m: 3:22.53<br>300m: 4:10.10 | 46.92<br>47.57 | 350m: 4:47.61<br>400m: 5:24.31 | 37.51<br>36.70 |  |         |  |       |  |    |
| 13.  | Casharell Kraan                                | Blue Marlins     |                                |                |                                | 5:29.80        |                                | 201103426      |  | 5:24.81 |  | +0,68 |  |    |
|      | 50m: 34.34<br>100m: 1:15.28                    | 34.34<br>40.94   | 150m: 1:56.99<br>200m: 2:38.16 | 41.71<br>41.17 | 250m: 3:24.93<br>300m: 4:11.19 | 46.77<br>46.26 | 350m: 4:49.27<br>400m: 5:24.81 | 38.08<br>35.54 |  |         |  |       |  |    |
| 14.  | Pien Walstra                                   | De Treffers      |                                |                |                                | 5:26.49        |                                | 201101034      |  | 5:25.18 |  | +0,79 |  |    |
|      | 50m: 34.73<br>100m: 1:16.43                    | 34.73<br>41.70   | 150m: 1:59.70<br>200m: 2:40.22 | 43.27<br>40.52 | 250m: 3:28.50<br>300m: 4:17.46 | 48.28<br>48.96 | 350m: 4:52.57<br>400m: 5:25.18 | 35.11<br>32.61 |  |         |  |       |  |    |
| 15.  | Ilse Jongepier                                 | TriVia           |                                |                |                                | 5:26.34        |                                | 201000006      |  | 5:26.01 |  | +0,79 |  |    |
|      | 50m: 33.30<br>100m: 1:15.22                    | 33.30<br>41.92   | 150m: 1:56.70<br>200m: 2:38.62 | 41.48<br>41.92 | 250m: 3:25.35<br>300m: 4:15.39 | 46.73<br>50.04 | 350m: 4:51.53<br>400m: 5:26.01 | 36.14<br>34.48 |  |         |  |       |  |    |
| 16.  | Carlijn Dezutter                               | Scheldestroom    |                                |                |                                | 5:35.38        |                                | 201100770      |  | 5:26.57 |  | +0,74 |  |    |
|      | 50m: 33.23<br>100m: 1:12.71                    | 33.23<br>39.48   | 150m: 1:53.79<br>200m: 2:34.26 | 41.08<br>40.47 | 250m: 3:21.59<br>300m: 4:08.97 | 47.33<br>47.38 | 350m: 4:49.02<br>400m: 5:26.57 | 40.05<br>37.55 |  |         |  |       |  |    |
| 17.  | Lobke Hempenius                                | HZ&PC Heerenveen |                                |                |                                | 5:22.35        |                                | 201100522      |  | 5:26.95 |  | +0,75 |  |    |
|      | 50m: 33.62<br>100m: 1:16.35                    | 33.62<br>42.73   | 150m: 1:56.83<br>200m: 2:35.97 | 40.48<br>39.14 | 250m: 3:22.92<br>300m: 4:10.10 | 46.95<br>47.18 | 350m: 4:49.31<br>400m: 5:26.95 | 39.21<br>37.64 |  |         |  |       |  |    |
| 18.  | Yanique Bax                                    | ZPC AMERSFOORT   |                                |                |                                | 5:28.47        |                                | 201001428      |  | 5:27.36 |  | +0,70 |  |    |
|      | 50m: 33.11<br>100m: 1:13.10                    | 33.11<br>39.99   | 150m: 1:54.92<br>200m: 2:35.18 | 41.82<br>40.26 | 250m: 3:24.96<br>300m: 4:14.81 | 49.78<br>49.85 | 350m: 4:52.08<br>400m: 5:27.36 | 37.27<br>35.28 |  |         |  |       |  |    |
| 19.  | Wieke Dekker                                   | De Dolfijn       |                                |                |                                | 5:22.58        |                                | 201002020      |  | 5:27.73 |  | +0,76 |  |    |
|      | 50m: 34.41<br>100m: 1:15.77                    | 34.41<br>41.36   | 150m: 1:58.74<br>200m: 2:40.96 | 42.97<br>42.22 | 250m: 3:25.03<br>300m: 4:10.69 | 44.07<br>45.66 | 350m: 4:49.86<br>400m: 5:27.73 | 39.17<br>37.87 |  |         |  |       |  |    |

Programmanr. 6, Meisjes, 400m wisselslag, Onder 16

| rang | naam                  | vereniging          | intijd              | tijd                | RT            |
|------|-----------------------|---------------------|---------------------|---------------------|---------------|
| 20.  | Erin de Jong          | LinK                | 5:22.92             | 201000024           | 5:27.89 +0,76 |
|      | 50m: 31.26            | 31.26 150m: 1:50.77 | 42.04 250m: 3:21.91 | 50.09 350m: 4:50.83 | 38.40         |
|      | 100m: 1:08.73         | 37.47 200m: 2:31.82 | 41.05 300m: 4:12.43 | 50.52 400m: 5:27.89 | 37.06         |
| 21.  | Alaine Lomans         | Hellas-Glana        | 5:28.57             | 201000420           | 5:29.82 +0,70 |
|      | 50m: 31.69            | 31.69 150m: 1:54.25 | 42.59 250m: 3:24.21 | 47.63 350m: 4:51.57 | 39.38         |
|      | 100m: 1:11.66         | 39.97 200m: 2:36.58 | 42.33 300m: 4:12.19 | 47.98 400m: 5:29.82 | 38.25         |
| 22.  | Femke ter Horst       | ZPC Hoogeveen       | 5:30.53             | 201000108           | 5:29.84 +0,79 |
|      | 50m: 33.19            | 33.19 150m: 1:54.92 | 42.49 250m: 3:25.72 | 48.98 350m: 4:52.58 | 38.19         |
|      | 100m: 1:12.43         | 39.24 200m: 2:36.74 | 41.82 300m: 4:14.39 | 48.67 400m: 5:29.84 | 37.26         |
| 23.  | Rozalia Diederiks     | ZVL-1886            | 5:19.23             | 201100904           | 5:30.32 +0,82 |
|      | 50m: 34.49            | 34.49 150m: 1:57.80 | 42.14 250m: 3:24.61 | 45.95 350m: 4:51.90 | 40.11         |
|      | 100m: 1:15.66         | 41.17 200m: 2:38.66 | 40.86 300m: 4:11.79 | 47.18 400m: 5:30.32 | 38.42         |
| 24.  | Kyara Balt            | De Vikings          | 5:22.08             | 201100306           | 5:31.19 +0,86 |
|      | 50m: 34.28            | 34.28 150m: 1:57.17 | 40.47 250m: 3:26.97 | 49.02 350m: 4:53.81 | 36.89         |
|      | 100m: 1:16.70         | 42.42 200m: 2:37.95 | 40.78 300m: 4:16.92 | 49.95 400m: 5:31.19 | 37.38         |
| 25.  | Florien Pot           | OZ&PC               | 5:27.65             | 201000768           | 5:31.36 +0,83 |
|      | 50m: 34.45            | 34.45 150m: 1:58.34 | 43.10 250m: 3:30.71 | 49.97 350m: 4:55.28 | 35.34         |
|      | 100m: 1:15.24         | 40.79 200m: 2:40.74 | 42.40 300m: 4:19.94 | 49.23 400m: 5:31.36 | 36.08         |
| 26.  | Dana Bulters          | De Dolfijn          | 5:28.90             | 201104138           | 5:31.80 +0,70 |
|      | 50m: 35.83            | 35.83 150m: 2:00.72 | 41.47 250m: 3:30.29 | 48.68 350m: 4:56.49 | 35.95         |
|      | 100m: 1:19.25         | 43.42 200m: 2:41.61 | 40.89 300m: 4:20.54 | 50.25 400m: 5:31.80 | 35.31         |
| 27.  | Romy de Graaf         | Hellas-Glana        | 5:30.22             | 201003660           | 5:31.87 +0,77 |
|      | 50m: 34.07            | 34.07 150m: 1:54.33 | 39.81 250m: 3:23.75 | 49.11 350m: 4:54.49 | 39.66         |
|      | 100m: 1:14.52         | 40.45 200m: 2:34.64 | 40.31 300m: 4:14.83 | 51.08 400m: 5:31.87 | 37.38         |
| 28.  | Elle van Gemenen      | DAW                 | 5:28.24             | 201100428           | 5:32.05 +0,70 |
|      | 50m: 32.79            | 32.79 150m: 1:55.77 | 43.40 250m: 3:25.50 | 48.31 350m: 4:53.05 | 39.81         |
|      | 100m: 1:12.37         | 39.58 200m: 2:37.19 | 41.42 300m: 4:13.24 | 47.74 400m: 5:32.05 | 39.00         |
| 29.  | Meike van der Klugt   | WVZ                 | 5:37.28             | 201100808           | 5:32.08 +0,81 |
|      | 50m: 33.48            | 33.48 150m: 1:59.22 | 43.21 250m: 3:27.68 | 47.33 350m: 4:55.39 | 39.65         |
|      | 100m: 1:16.01         | 42.53 200m: 2:40.35 | 41.13 300m: 4:15.74 | 48.06 400m: 5:32.08 | 36.69         |
| 30.  | Raegan Belmar         | Albion              | 5:25.67             | 201004070           | 5:32.09 +0,72 |
|      | 50m: 33.01            | 33.01 150m: 1:54.53 | 41.38 250m: 3:23.84 | 48.38 350m: 4:52.84 | 39.38         |
|      | 100m: 1:13.15         | 40.14 200m: 2:35.46 | 40.93 300m: 4:13.46 | 49.62 400m: 5:32.09 | 39.25         |
| 31.  | Sara Creemers         | Hellas-Glana        | 5:40.11             | 201100242           | 5:32.10 +0,70 |
|      | 50m: 35.30            | 35.30 150m: 1:59.60 | 42.90 250m: 3:28.44 | 46.17 350m: 4:55.65 | 39.39         |
|      | 100m: 1:16.70         | 41.40 200m: 2:42.27 | 42.67 300m: 4:16.26 | 47.82 400m: 5:32.10 | 36.45         |
| 32.  | Fleur Buijs           | Hieronymus          | 5:38.71             | 201100676           | 5:32.44 +0,75 |
|      | 50m: 35.99            | 35.99 150m: 2:03.65 | 43.51 250m: 3:31.68 | 44.62 350m: 4:56.15 | 38.67         |
|      | 100m: 1:20.14         | 44.15 200m: 2:47.06 | 43.41 300m: 4:17.48 | 45.80 400m: 5:32.44 | 36.29         |
| 33.  | Elin Baars            | DWK                 | 5:23.27             | 201000138           | 5:32.84 +0,73 |
|      | 50m: 34.55            | 34.55 150m: 1:58.02 | 42.24 250m: 3:26.31 | 46.66 350m: 4:53.67 | 39.67         |
|      | 100m: 1:15.78         | 41.23 200m: 2:39.65 | 41.63 300m: 4:14.00 | 47.69 400m: 5:32.84 | 39.17         |
| 34.  | Lotte Euverman        | KSN (SG)            | 5:38.69             | 201101228           | 5:33.04 +0,77 |
|      | 50m: 34.26            | 34.26 150m: 1:59.51 | 43.59 250m: 3:29.38 | 46.57 350m: 4:56.58 | 38.48         |
|      | 100m: 1:15.92         | 41.66 200m: 2:42.81 | 43.30 300m: 4:18.10 | 48.72 400m: 5:33.04 | 36.46         |
| 35.  | Renske van den Bosch  | V.Z.V. Njord        | 5:32.51             | 201001828           | 5:33.15 +0,79 |
|      | 50m: 35.13            | 35.13 150m: 1:59.73 | 42.83 250m: 3:29.24 | 48.52 350m: 4:56.28 | 38.31         |
|      | 100m: 1:16.90         | 41.77 200m: 2:40.72 | 40.99 300m: 4:17.97 | 48.73 400m: 5:33.15 | 36.87         |
| 36.  | Esra Simon            | Hellas-Glana        | 5:30.37             | 201100004           | 5:33.42 +0,79 |
|      | 50m: 34.73            | 34.73 150m: 1:55.11 | 41.76 250m: 3:24.65 | 46.85 350m: 4:54.16 | 40.71         |
|      | 100m: 1:13.35         | 38.62 200m: 2:37.80 | 42.69 300m: 4:13.45 | 48.80 400m: 5:33.42 | 39.26         |
| 37.  | Kamila Makhmadiyarova | Blue Marlins        | 5:31.50             | 201103178           | 5:33.60 +0,80 |
|      | 50m: 34.28            | 34.28 150m: 1:56.57 | 40.98 250m: 3:28.39 | 49.64 350m: 4:55.68 | 39.55         |
|      | 100m: 1:15.59         | 41.31 200m: 2:38.75 | 42.18 300m: 4:16.13 | 47.74 400m: 5:33.60 | 37.92         |
| 38.  | Jayna Wagemakers      | Hieronymus          | 5:32.88             | 201000226           | 5:35.92 +0,82 |
|      | 50m: 35.66            | 35.66 150m: 2:01.21 | 42.23 250m: 3:30.95 | 47.84 350m: 4:58.80 | 39.52         |
|      | 100m: 1:18.98         | 43.32 200m: 2:43.11 | 41.90 300m: 4:19.28 | 48.33 400m: 5:35.92 | 37.12         |
| 39.  | Norell Kroeze         | ZC Polaris          | 5:34.36             | 201100378           | 5:36.83 +0,67 |
|      | 50m: 36.02            | 36.02 150m: 2:03.57 | 44.16 250m: 3:33.46 | 46.91 350m: 5:00.30 | 38.56         |
|      | 100m: 1:19.41         | 43.39 200m: 2:46.55 | 42.98 300m: 4:21.74 | 48.28 400m: 5:36.83 | 36.53         |

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| rang  | naam               | vereniging           | intijd              | tijd                | RT                     |
|-------|--------------------|----------------------|---------------------|---------------------|------------------------|
| 40.   | Nienke v. Weenen   | De Schoteijl         | 5:33.46             | 201000282           | <b>5:37.39</b> +0,73   |
|       | 50m: 33.38         | 33.38 150m: 1:57.45  | 43.38 250m: 3:28.17 | 49.79 350m: 4:59.41 | 39.98                  |
|       | 100m: 1:14.07      | 40.69 200m: 2:38.38  | 40.93 300m: 4:19.43 | 51.26 400m: 5:37.39 | 37.98                  |
| 41.   | Mirthe de Haan     | ZCNF'34              | 5:41.65             | 201000866           | <b>5:38.02</b> +0,83   |
|       | 50m: 38.15         | 38.15 150m: 2:04.77  | 40.82 250m: 3:32.60 | 47.13 350m: 5:00.82 | 40.58                  |
|       | 100m: 1:23.95      | 45.80 200m: 2:45.47  | 40.70 300m: 4:20.24 | 47.64 400m: 5:38.02 | 37.20                  |
| 42.   | Myrthe Bruinsma    | ZPC AMERSFOORT       | 5:41.72             | 201101108           | <b>5:38.89</b> +0,84   |
|       | 50m: 34.85         | 34.85 150m: 2:01.75  | 44.76 250m: 3:31.35 | 46.60 350m: 5:01.76 | 40.40                  |
|       | 100m: 1:16.99      | 42.14 200m: 2:44.75  | 43.00 300m: 4:21.36 | 50.01 400m: 5:38.89 | 37.13                  |
| 43.   | Elke Kriesels      | Blue Marlins         | 5:32.26             | 201100898           | <b>5:41.29</b> +0,76   |
|       | 50m: 34.85         | 34.85 150m: 2:03.08  | 45.94 250m: 3:37.02 | 49.62 350m: 5:05.17 | 38.00                  |
|       | 100m: 1:17.14      | 42.29 200m: 2:47.40  | 44.32 300m: 4:27.17 | 50.15 400m: 5:41.29 | 36.12                  |
| 44.   | Sophie Hoogervorst | AZC                  | 5:41.69             | 201100252           | <b>5:41.37</b> +0,74   |
|       | 50m: 39.79         | 39.79 150m: 2:10.58  | 41.44 250m: 3:38.24 | 47.28 350m: 5:04.25 | 38.37                  |
|       | 100m: 1:29.14      | 49.35 200m: 2:50.96  | 40.38 300m: 4:25.88 | 47.64 400m: 5:41.37 | 37.12                  |
| 45.   | Breanna Belmar     | Albion               | 5:30.19             | 201004068           | <b>5:43.43</b> * +0,68 |
|       | 50m: 33.49         | 33.49 150m: 2:01.80  | 46.19 250m: 3:35.34 | 47.67 350m: 5:05.10 | 38.35                  |
|       | 100m: 1:15.61      | 42.12 200m: 2:47.67  | 45.87 300m: 4:26.75 | 51.41 400m: 5:43.43 | 38.33                  |
| 46.   | Esmee Reuver       | ZC Polaris           | 5:39.85             | 201100846           | <b>5:44.76</b> +0,75   |
|       | 50m: 36.05         | 36.05 150m: 2:02.95  | 40.07 250m: 3:33.61 | 49.56 350m: 5:04.47 | 39.88                  |
|       | 100m: 1:22.88      | 46.83 200m: 2:44.05  | 41.10 300m: 4:24.59 | 50.98 400m: 5:44.76 | 40.29                  |
| 47.   | Morrison Schram    | Z&PC De Zeeuwse Kust | 5:38.06             | 201100686           | <b>5:46.70</b> * +0,74 |
|       | 50m: 35.45         | 35.45 150m: 2:04.53  | 44.51 250m: 3:37.25 | 48.84 350m: 5:07.47 | 40.15                  |
|       | 100m: 1:20.02      | 44.57 200m: 2:48.41  | 43.88 300m: 4:27.32 | 50.07 400m: 5:46.70 | 39.23                  |
| 48.   | Noa Spaans         | De Dolfijn           | 5:36.59             | 201100222           | <b>5:50.81</b> +0,72   |
|       | 50m: 36.18         | 36.18 150m: 2:03.94  | 42.66 250m: 3:37.67 | 51.75 350m: 5:10.26 | 41.64                  |
|       | 100m: 1:21.28      | 45.10 200m: 2:45.92  | 41.98 300m: 4:28.62 | 50.95 400m: 5:50.81 | 40.55                  |
| AFGEM | Odenza Soselisa    | Blue Marlins         | 5:29.31             | 201101780           |                        |